



October 2020

Middle School Lunch Menu

Breakfast Cost \$ 1.50
Lunch Cost \$ 2.75
Extra Milk \$.50 each

Monday

Tuesday

Wednesday

Thursday

Friday

**USDA
REQUIREMENT**
*Students Must be
Served ALL of the
Components Offered
Daily*

Daily Milk Choices-
1% White
1% Chocolate

WG= Whole Grain

Daily Entree Choices-
Peanut Butter & Jelly
Large Uncrustable
OR
Entrée Salad with
WG Breadstick

1 WG Mini Corn Dogs OR
BBQ Rib on WG Bun
Baked Beans
Fruit
WG Frosted Cookie

2 WG Quesadilla OR
Tenderloin on WG Bun
Baked Crinkle Fries
Fruit

5 Philly Beef & Cheddar
on WG Bun **OR**
Cheeseburger on WG Bun
Mixed Green Salad
Fruit

6 WG Stuffed Crust Pizza
OR Crispy Chicken on
WG Bun
Steamed Carrots
Fruit
WG Mini Krispie Treat

7 Salisbury Steak with
Brown Gravy &
WG Dinner Roll **OR**
Cheeseburger on WG Bun
Mashed Potatoes
Fruit

8 WG Popcorn Chicken **OR**
BBQ Rib on WG Bun
Baked Beans
Fruit (Apple Crunch Day!)
WG Cookie

9 WG Crispy Chicken on
WG Bun **OR**
Tenderloin on WG Bun
Green Peas
Fruit

12

13

14

15

16

*****FALL BREAK WEEK*****

19 WG Crispy Chicken
Nuggets **OR**
Cheeseburger on WG Bun
Steamed Broccoli
WG Cheetos Puffs
Fruit

20 WG Rectangle Pizza **OR**
Crispy Chicken on WG Bun
Fresh Baby Carrots &
Ranch Dip
Fruit
Fruit Snacks

21 Crispy Chicken Leg with
WG Dinner Roll **OR**
Cheeseburger on WG Bun
Mashed Potatoes
Fruit

22 Hot Dog on WG Bun **OR**
BBQ Rib on WG Bun
Baked Emoji Potatoes
Baked Beans
Fruit
WG Frosted Cookie

23

Manager's Choice

26 WG Asian Chicken
with Fried Rice **OR**
Cheeseburger on WG Bun
Mixed Green Salad
Fruit

27 WG Bosco Sticks with
Marinara Sauce **OR**
Crispy Chicken on WG Bun
Steamed Carrots
Fruit
WG Scooby-Doo Graham
Sticks

28 Homemade Turkey &
Noodles with
WG Dinner Roll **OR**
Cheeseburger on WG Bun
Mashed Potatoes
Fruit

29 WG Chicken Tenders
OR BBQ Rib on WG Bun
Baked Beans
Fruit
WG Cookie

30 Macaroni & Cheese **OR**
Tenderloin on WG Bun
Country Mixed Vegetables
Fruit
Sidekicks Smoothie

Breakfast Menu:

Monday: October 5, 26

Bacon, Egg & Cheese on Biscuit

Monday: October 19

Egg & Cheese Omelet On Whole
Grain Croissant

Tuesday: October 6, 27

Breakfast Tacos

Tuesday: October 20

Whole Grain Breakfast Pizza

Wednesday: October 7, 21, 28

Sausage & Egg on Biscuit

Thursday: October 1, 22

Biscuit & Sausage Gravy

Thursday: October 8, 29

Bacon, Egg & Cheese Eggstravaganza

Whole Grain Tortilla

Friday: October 2, 23

Whole Grain Mini Pancake & Sausage

Wrap, Syrup Cup

Friday: October 9, 30

Ham & Cheese on Whole Grain

Croissant

Daily Breakfast Choices -
Entrée, Fruit, Juice & Milk
OR
Cereal, Fruit, Juice & Milk
OR
Choice of Grab & Go Items